





February 2003

## **Available Now...**

## Potatoes

Celebrate National Potato Lover's Month by enjoying Colorado grown potatoes. Colorado produces an average of 2.8 billion pounds of potatoes annually, making the state the fifth largest potato producer in the nation. Whether you prefer baked, fried or scalloped, potatoes complement any meal.

Avoid potatoes with wrinkled skins, soft dark spots, cut surfaces or a green appearance. All potato varieties should be uniformly sized, fairly clean, firm, and smooth.

Potatoes are fat free, sodium free and are high in potassium and Vitamin C.

Look for Colorado potatoes at your local grocery store or at restaurants across the state.

Each month the Colorado Department of Agriculture will feature a different commodity to highlight the variety and quality of products grown in the state. Visit www.ag.state.co.us/mkt/mkt.html for a complete list of recipes.

## **Zippy Jack Spuds**

Colorado Chef Scott Smith, Johnson and Wales University, Denver

5 lbs. Potatoes, peeled, cut into 1/4 inch sticks

2 1/2 lbs. Pepper jack cheese, grated

1 1/4 cups Sour cream 1 1/4 cups Onion, chopped

3 3/4 cups Condensed cream of chicken soup

30 ozs. Green chilies, canned, diced

1 cup Cornflakes, crushed

Preheat oven to 350 degrees.

In large mixing bowl combine cheese, sour cream, onion, condensed soup and green chilies. Mix well. Add potatoes and mix gently.

Spray baking pan with non-stick spray. Spread mixture evenly into the pan. Sprinkle cornflakes on top of potato mixture.

Bake 45 to 50 minutes, or until potatoes are tender. Remove and let stand for 5 minutes before serving.

Enjoy with a Colorado wine, such as a glass of Harvest Gold from Augustina's Winery, located in Boulder, Colorado.



Next Month... Beef